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## Milady's Mirror

If you would keep your looks beyond their natural limit practice self control. Nothing so quickly wrecks the nerves, hence the looks, as letting one self go.

It may be easier to fly into a rage at trivialities, to pucker the face with worry or to shake with fear, but the woman with regard for keeping young learns to quell these emotions in the interest of nervous force.

Have you ever stopped to consider what unchecked anger takes out of you? Leaving consideration for your victim or a regard for conventions out of the question, "getting mad" weakens one physically and mentally, and nerves suffer.

Have you never said "I feel as weak as a rag" after indulging in a temper? The next time you make that remark put the blame in the right place. Learn that rage is weakening and aging and you will have taken a long step toward self control.

Cowardice as an emotion is debasing to the soul. It is also wrinkling to the flesh and destructive of nervous force. The woman who lives in a tremor of fear, getting into an equal panic whether she sees a mouse or a murderer, who lies awake half the night listening for possible marauders, who gets pleasure in nothing through her insensate fear of horse, motor, canoe or yacht, is the woman who will soon look her years—and more.

If nervous peace is to be yours keep a grip on your emotions. Love not hate, not fret nor fear not envy, not rage not—to excess. Better a colorless character than a woman body—if the choice must be made. The mistake lies in thinking emotions controlled are emotions lacking. One makes for strength so surely as the other is a sign of weakness.

## A White Throat.

At this season the throat which has gone collarless the summer through is beginning to be anxious about the state of her throat. The day of drastic treatment is at hand if her neck is to look well in winter. The skin is browned from exposure to the sun.

To whiten it rub it each night with lemon, letting it stay on all night. If there are rough places in the skin it can be gone over with a fine pumice stone dipped in lemon juice.

In the morning rinse off with warm water in which a little almond meal has been dissolved. This whitens and smooths the skin.

A more decided bleach is made from eight ounces of alcohol, four ounces of rosewater and a teaspoonful of tincture of benzoin. Saturate a thin piece of linen in the liquid and pin around the throat and let it stay on for an hour. Then massage with a good cucumber cream.

## Take It For What It's Worth.

Pork is not commonly reported to be a hygienic food, and assuredly it has no aesthetic associations. It is therefore somewhat surprising to hear a diet of pork recommended to the beauty seeker. Such is the latest dictum, however, and in proof of its wisdom we are asked to note the clear, velvety skins of the country girls with whom pork is a staple article of diet. Pork is supposed to produce this velvety effect by supplying oily matter to the skin. It acts as a sort of natural cosmetic and is much less expensive than the creams city women employ to counteract the harshness and dryness of their complexions. In the absence of pork bacon is recommended.

## The Curse of Red Hair.

Even Titian did not succeed in removing the curse from red hair, for it is variously accused of causing anything from temper to freckles. And now comes an English scientist who is trying to blame it for shortness of stature. By a system of statistics all his own he has figured that among boys and girls at the age of fourteen the shortest invariably have red hair. Among girls those with black and blond hair take first place in height, and among boys the light browns are easy winners. The figures look conclusive, but those who do not like them may reflect with Mark Twain that all statistics are watered stock.

## Use a Medicine Ball.

A medicine ball is a good possession for any one shut up in an office all day. A few minutes spent in throwing it will send the blood coursing through the veins. Fencing and bowling are both admirable sports for those who need exercise, and every office worker should seek out some opportunity of practicing them. And in any case she ought to do all the outdoor walking she can get into the day without overexerting herself.

## To Restore Fair Hair.

When fair hair begins to lose luster it is a good plan to apply olive oil liberally, comb the hair thoroughly and then to expose it for some hours to the direct rays of a warm sun. The exposure may be repeated on the following day, and on the third day the hair may be washed if deemed necessary with warm soap suds and be rinsed.

## RULES FOR WIVES.

To Which Is Added Some Feminine Advice to Husbands.

Some presumptuous Frenchmen published a list of commandments for wives, one of which ran: "Now and then acknowledge gracefully that thy husband knows more about some things than thou. After all, thou art not infallible." A second and still more daring rule for wives was, "Never be aggressive in thy arguments with thy husband, but always consider him as superior to thee." This was too much for French feminists, and no wonder. One lady answers the presumptuous man indignantly:

The weaker sex has not merely duties; it has also rights. Feminism is advancing, and nothing will stop it. The weaker sex is the equal of the sterner. Equality forever! Here are the commandments which women oppose to those of men.

The lady then gives her rules for husbands with more spirit than logic:

Woman has a right to have whims; it is a privilege of her sex. Never put her out. She might have hysterics, which would impair her health and cost the money in doctor's bills.

Another commandment runs:

Remember, good man, that thy wife is thy superior by her grace, her beauty and refinement. Therefore always worship at her feet.

Where, then good lady, does "equality forever" come in, if woman not only has privilege because she is a woman, but is decidedly superior to man? Surely, the strong minded suffragist would spurn privileges of sex. In another rule the lady seems to show some self knowledge of her sisters.

If, good man, thou desirest mountain air ask thy wife to come to the seashore; she will immediately propose a holiday in Switzerland.

But this is a very mild gibe at her own sex compared with her final thrust at the other in her last rule for husbands:

Man was created before woman as a preliminary sketch for the masterpiece. Remember, then, O husband, that thou art but a rough draft.

This ought to shut any husband up finally.—Paris Cor. London Telegraph.

## TRAVELERS' TALES.

Some That Were Discredited and Vindicated Long Afterward.

Travelers' tales have often been accused of being mere flights of imagination, and in the past stay at home people have sometimes erred in treating travelers' tales with scorn. There was, for instance, the description by James Bruce in 1770 of the barbarous Abyssinian custom of eating raw meat cut from the living animal, which was ridiculed by everybody. Yet Bruce has recently been proved right. When Paul Du Chailu explored equatorial Africa in 1891 and described the wonderful gorillas and also the nation of dwarfs there he was discredited none too politely by the British Royal Geographical society. Yet subsequent explorers amply vindicated his veracity.

In the matter of discredited travelers' tales vindicated long afterward it will never be possible to beat the classic instance in Herodotus. He tells how King Neco of Egypt commissioned certain Phoenician mariners to circumnavigate Africa if they could. They did it, starting from the Red sea and returning by the straits of Gibraltar after very many months. And they reported, says Herodotus, that in rounding the southern end of Africa they had the sun on their right hand. "I, for my part," he says, "do not believe this, but perhaps others may." In modern times that detail is precisely what proves that the Phoenicians did achieve the wonderful voyage. Such an "improbable" fact could never have been invented in an age which was not familiar with the equator.—Chicago News.

## Two Cheerful Liars.

Two Americans were disputing as to which had experienced the greatest cold in winter. Said one: "In the part of Iceland where I was last summer the ground is frozen so hard all the year round that when they want to bury a man they just sharpen his feet and drive him in with a pile hammer." The other replied: "Yes, I know that place. Didn't stay there long enough it not quite bracing enough for me. Went on to a small town farther north. The hotel where I was staying caught fire. My room was on the top story. No fire escapes or ladders in that primitive settlement. Stairs cases burnt away. Luckily, kept my presence of mind. Emptied my bath out of the window and slid down the side."—Truth.

## Funny Stories.

"Ha, ha," said the jovial man as he slapped an acquaintance on the back. "I'm glad to see you. I have one of the funniest stories on record, and you are just in time."

"I don't care for it," was the candid reply. "You see, there is often a pathetic side even to humor. I have just been out with my architect, and he showed me three of the funniest stories I ever saw. If I hadn't been paying for them I'd have laughed myself silly."

## His Little Comeback.

Miss Neverstop, settling herself between two much engrossed senators, exclaimed, "A rose between two thorns." "Nay, madam," retorts one irate old gentleman; "say, rather, a tongue sandwich."—Life.

## Discouraging.

He-I told you father that I just dote on you. She-And what did he say? He-That I had better find an antidote.—Illustrated Bits.



## Good Form

To be socially correct all note paper must be stamped at the top either with address and monogram or only with one. In these days of frequent change of residence a woman does not always have an address die; yet, though it is an expense, it is a finish to her stationery which is most desirable and therefore to be tried for. If only one thing is to be put on paper the address is preferred to the monogram on the theory that the former must be made to order, while the latter may be had ready made. For the street and number plain block letters are the best, and unless one lives in a large city whose street names are so well known as immediately to be identified with the place the name of the town must also be stamped.

In the placing of this adornment fashion has recently made a change, and one is more apt on the new stationery to see it between the middle and the left corner than directly in the middle, as was recently the case. When the monogram is used with it the latter is put in the left corner, the address going in the right.

When the name of the town is added to the street the former is now indented. Quite lately the town name went directly under the street, "centered," bringing it in the middle of the line above. Now it has the same relation to the top line that the address has on an envelope, and this placing marks all the new dies.

If only a monogram alone or one initial is to be stamped it goes in the upper left corner, and the die may be as fancy as one chooses.

## The Girl Who Is Easy.

A girl who looks on while her friend who is known as "easy" is apparently having a glorious time wonders whether good breeding is not old fashioned. But it is not the girl who cares little how she talks, where she goes unchaperoned or how free and easy she permits her man friends to be who wins out in the end.

How often does the quiet little mouse of a girl, whom the other girls call a prude or stick, take the catch of the season and get invitations that her easier friends want.

It is hard in this age to have too high a standard of self respect. Permitted liberties are so much greater than a generation ago that one needs watchfulness not to overstep the line into liberty.

A girl need not be a prude because she does not believe in familiarities of speech or touch. When once she has made her position and standards clear she can have just as good a time and far more respect than her friend who is "easy."

Because a girl is particular it does not follow she must be slow. Given a sense of fun, readiness to be amused by everything that comes along and a tongue that doesn't backbite, and a nice girl need never lack attention because she does not believe in always sitting in corners and frowns upon dubious jokes.

## College Etiquette.

A college girl must, of course, first of all develop her mind as far as possible, but this does not mean that she must or may forget the rules of etiquette laid down for all well bred girls, whether at home, at college, in business or in the social world.

She must talk in low tones. She must be courteous to all around her, respectful to those who are older and considerate of those who are beneath her socially. She must learn to converse in an interesting manner without asserting her own opinions or trying in any way to show a superior knowledge, even upon subjects which she has made her special study.

She must learn to act the part of the graceful, courteous and interesting hostess and also the charming and well read guest. At all times she must be the well bred, dignified, courteous as well as interesting and clever college girl.

In the social world there is a tacit understanding that we shall all be agreeable to one another, always putting the attractive things of life on the outside and keeping our private woes to ourselves.

This is a rule that none can afford to overlook—old or young, society girl, college girl or business girl.

## Table Etiquette.

The little difference between lifting a dish and shoving it along makes the big difference between a sloven and the punctilious observer of good manners at the table and has an effect in marring the harmony of the table, whereby in congeniality and table enjoyment all are best conserved.

Sucking the fingers or teeth, picking the teeth at the table before all are done eating, gazing about the table while drinking, tipping back the chair on two legs, taking any of the dessert, as fruit, nuts or sweetmeats, away from the table, is the worst possible form.

## A Man's Arm.

Nowadays it is not the custom for a woman to lean upon the arm of the man who is walking beside her during the daytime, and she seldom accepts this support after nightfall unless she is infirm or elderly or the man is her fiance or husband.

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